



MAY

Mental Health Awareness Month!

Free & public events in Southwestern CT

2016

<p><i>Friday, April 29, 5:30-8:30pm & Saturday April 30, 8:30am-2pm</i> Youth Mental Health First Aid Training Stratford Community Services To register, call 203-385-4095</p>  	<p><i>Sunday, May 1, 2-4pm</i> "Healing Voices" Film Ferguson Library, Stamford</p> <p><i>May 1-31</i> Artist's Workshop The Inn at Waveny LifeCare, New Canaan</p> 	<p><i>Monday, May 2, 3-5pm</i> "Healing Voices" Film Bridgeport Public Library- Newfield Branch, Bridgeport</p>  	<p><i>Tuesday, May 2 & 3</i> Mental Health Study Break for A.P. Week Trumbull Library, Trumbull</p>  	<p><i>Tuesday, May 3, 6-6:30pm</i> Film: Recognizing Your Child's Needs Public Access Channel 88</p>  <p><i>Wednesday May 4, 10am-12pm</i> Mental Health & Wellness Day Optimus Healthcare, Stamford</p>	<p><i>Wednesday, May 4, 9:30-11:30am</i> Annual Talent Show Greater Bridgeport Community Mental Health Center, Bridgeport</p> <p><i>Wednesday, May 4, 6:30-8:30pm</i> "Healing Voices" Film Norwalk Hospital, Perkin Auditorium, Norwalk</p>	<p><i>Wednesday, May 4, 10am-1pm</i> "Recovery Rocks" Awareness Art Project Government Center, Stamford</p>  
<p><i>Wednesday, May 4, 7-8:30pm</i> Opiates, Heroin & What's Available "OTC" and in your Medicine Cabinet</p>  <p>Greenwich Town Hall</p>	<p><i>Thursday, May 5, 12, 19 & 26, 9:30am-12:30pm</i> Mental Health First Aid Training for Muncipal Employees Greenwich Police Department</p>   	<p><i>Thursday, May 5, 11:30am-12:30pm</i> Steel Drum, Keyboard and Vocals Performance Laurel House Resource Center, Stamford</p> <p><i>Friday, May 6, 2-4pm</i> Wellness Fair Bridge House, Bridgeport</p>	<p><i>2 viernes: Junio 10 y 17, 9am-1:30pm</i> Curso: "Primeros Auxilios para la Salud Mental" Greater Bridgeport Community Mental Health Center (Cafeteria), Para Registrarse: 203-840-1187</p> 	<p><i>Friday, May 6, 1:30-3:30pm</i> Movie: Inside Out LifeBridge, Bridgeport</p> <p><i>Friday, May 6, 6-11pm</i> Keystone's Derby Eve Party The Norwalk Inn, Norwalk</p> 	<p><i>Saturday, May 7, 2-3pm</i> Art Therapy Crafternoon New Canaan Library</p>   <p><i>Saturday, May 7, 2-4pm</i> "Wellness Is Where We're At" Binney Park, Old Greenwich</p>	<p><i>Monday, May 9, 3:30-5pm (providers) & 7-8:30pm (public)</i> Using Labyrinths as a Spiritual Tool to Complement Mental Health Norwalk Hospital, Nash Auditorium</p> 
<p><i>Monday, May 9, 8:30-10am</i> Legislative Breakfast Bridge House, Bridgeport</p>  <p><i>Tuesday, May 10, 12-1pm</i> Talk: "The Family's Role in Helping the Client" LifeBridge, Bridgeport</p>	<p><i>Tuesday, May 10, 6-6:30pm</i> Caring Network Film Series: Young Adults and the College Years Public Access Channel 88</p>  	<p><i>Wednesday, May 11, 10am-1pm</i> "Recovery Rocks" Awareness Art Project Ferguson Library, Stamford</p>  	<p><i>Wednesday, May 11, 11am-1pm</i> Musical Performance: The Grace Notes Laurel House, Stamford</p> 	<p><i>Thursday, May 12, 7:30-9pm</i> Panel: Work-Based Programs and Community Living Tully Center, Conference Room B, Stamford</p> 	<p><i>Friday, May 13, 1-4pm</i> Hearing Voices: An Experiential Training Kennedy Center, Trumbull</p> 	<p><i>Friday, May 13, 3:30-5pm</i> Laugh For the Health of It! CCAR Young Adult & Family Project, Bridgeport Register by email to: coordinator@TurningPointCT.org</p>  
<p><i>Monday, May 16 AND Tuesday, May 17, 8:30am-4:30pm</i> Free ASIST Suicide Prevention Training HSC Community Services, Norwalk To register, call 203-840-1187</p>  	<p><i>2 sábados: Junio 11 y 18, 9:30-2pm</i> Curso: Primeros Auxilios para la Salud Mental HSC Community Services, Norwalk Para Registrarse: 203-840-1187</p>  	<p><i>Tuesday, May 17, 6-6:30pm</i> Caring Network Film Series: Women in Recovery Public Access Channel 88</p>  	<p><i>Wednesday, May 18, 10-11am</i> Presentation by the National Alliance on Mental Health Keystone House, Norwalk</p> 	<p><i>Wednesday, May 18, 10-11am</i> Family and Friends Open House Bridge House, Bridgeport</p> 	<p><i>Wednesday, May 18, 7-8pm</i> Suicide Prevention Event Harry Bennett Branch-Stamford Library</p> 	<p><i>Wednesday, May 18, 9am</i> Annual 3-on-3 Basketball Tournament & Picnic Short Beach Park, Stratford</p>  
<p><i>Thursday, May 19, 7:45-9am</i> Open House @Keystone House</p> <p><i>New Date: Thursday, May 19, 5-8pm</i> Community Forum on Behavioral Health Burroughs Center, Bridgeport Rsvp: Jeannina.Thompson@ct.gov</p>	<p><i>Thursday, May 19, 8:30am- 5pm</i> Mental Health First Aid Training (adult) CCAR Young Adult & Family Project, Bridgeport To register, call 203-870-9132</p> 	<p><i>Thursday, May 19, 11am-2pm</i> <i>Rain Date: Thursday, May 26</i> Pathways Field Day 509 East Putnam Ave, Greenwich</p> 	<p><i>Friday, May 20, 1:30-3:30pm</i> Movie: The Soloist LifeBridge, Bridgeport</p>  	<p><i>Friday, May 20 AND Saturday, May 21, 5:30-8:30pm</i> Mental Health First Aid Training (adult) Stratford Community Services To Register, call 203-385-4095</p> 	<p><i>Saturday, May 21, 10am</i> NAMI Walks National Alliance on Mental Illness</p>  <p>Bushnell Park, Hartford <i>Join or support Pathways and other local teams!</i></p>	<p><i>Tuesday, May 24, 6-6:30pm</i> Caring Network Film Series: Men and Depression Public Access Channel 88</p>  
<p><i>Tuesday, May 24, 6-7:30pm</i> Stress: Tools to Keep Calm & Carry On Bridgeport Public Library-Newfield Branch</p> 	<p><i>Thursday, May 26, 2-5pm</i> Provider Talk: A Nutritional Approach to Mental Illness Norwalk City Hall (CEU's Pending) To register, call Vic at 203-840-1187</p> 	<p><i>Thursday, May 26, 6:30-8:30pm</i> Brain Food: How What You Eat Affects Your Mental Health Norwalk City Hall</p> 	<p><i>Friday, May 27, 1-4pm</i> Hearing Voices: An Experimental Training Contact Britt Bisson at britt.bisson@ct.gov to register. Kennedy Employment Services, Trumbull</p>	<p><i>Tuesday, May 31, 6:30-8pm</i> Help Your Child(and you) Conquer Anxiety Edith Wheeler Memorial Library, Monroe</p> 	<p><i>Thursday, June 9th, 8:30am-12:30pm</i> St Vincent's Symposium: The Patient Perspective St Vincent's Behavioral Health, Westport To register, call 203-227-8801</p>	<p><i>Thursday, June 9, 7:30-9pm</i> DBT: Mindfulness-based Treatment for Adolescents & their Families Town Hall, Greenwich</p> 



For more information, contact Southwest Regional Mental Health Board, 203-840-1187 or www.HealthyMindsCT.org

MAY

Mental Health Awareness Month!
Free & public events in Southwestern CT

2016



For more information, contact Southwest Regional Mental Health Board, 203-840-1187 or www.HealthyMindsCT.org